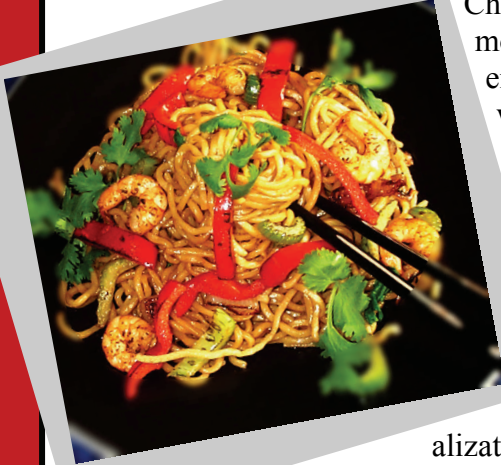


# Chinese Cuisine



Chinese cuisine is widely seen as representing one of the richest and most diverse culinary heritages in the world. It originated in different regions of China and has been introduced to other parts of the world — from Southeast Asia to North America and Western Europe.

A meal in Chinese culture is typically seen as consisting of two general components: (1) a carbohydrate source or starch (*zhushí*, *lit.* "main food", staple) — typically rice, noodles, or *mantou* (steamed buns), and (2) accompanying dishes of vegetables, fish, meat, or other items, known as (*cài*, *lit.*

"vegetable") in the Chinese language. This cultural conceptualization is in some ways in contrast to Western meals where meat or animal protein is often considered the main dish.

As is well known throughout the world, rice is a critical part of much of Chinese cuisine. However, in many parts of China, particularly North China, wheat-based products including noodles and steamed buns predominate, in contrast to South China where rice is dominant. Despite the importance of rice in Chinese cuisine, at extremely formal occasions, it is sometimes the case that no rice at all will be served; in such a case, rice would only be provided when no other dishes remained, or as a token dish at the end of the meal. Soup is usually served at the end of a meal to satiate one's appetite. Owing to western influences, serving soup in the beginning of a meal is also quite normal in modern times.

Chopsticks are the primary eating utensil in Chinese culture for solid foods, while soups and other liquids are enjoyed with a wide, flat-bottomed spoon (traditionally made of ceramic). It is reported that wooden chopsticks are losing their dominance due to recent logging shortfalls in China and East Asia; many Chinese eating establishments are considering a switch to a more environmentally sustainable eating utensil, such as plastic or bamboo chopsticks. More expensive materials used in the past included ivory and silver. On the other hand, disposable chopsticks made of wood/bamboo have all but replaced reusable ones in small restaurants. In most dishes in Chinese cuisine, food is prepared in smaller pieces (e.g. vegetable, meat, *doufu*), ready for direct picking up and eating. Traditionally, Chinese culture considered using knives and forks at the table "barbaric" due to fact that these implements are regarded as weapons. Fish are usually cooked and served whole, with diners directly pulling pieces from the fish with chopsticks to eat, unlike in some other cuisines where they are first filleted. This is because it is desired for fish to be served as fresh as possible. A common Chinese saying "including head and tail" refers to the wholeness and completion of a certain task or, in this case, the display of food.



In a Chinese meal, each individual diner is given their own bowl of rice while the accompanying dishes are served in communal plates (or bowls) which are shared by everyone sitting at the table, a communal service known as "family style" in Western nations. In the Chinese meal, each diner picks food out of the communal plates on a bite-by-bite basis with their chopsticks. This is in contrast to western meals where it is customary to dole out individual servings of the dishes at the beginning of the meal. Many non-Chinese are uncomfortable with allowing a person's individual utensils (which might have traces of saliva) to touch the communal plates; for this hygienic reason, additional serving spoons or chopsticks (common/public/shared chopsticks) may be made available. The food selected is often eaten together with a mouthful of rice.

Vegetarianism is not uncommon or unusual in China, though, as is the case in the West, is still only practiced by a relatively small proportion of the population. The Chinese vegetarian does not eat a lot of tofu, unlike the stereotypical impression in the West. Most Chinese vegetarians are Buddhists. Non-Chinese eating Chinese cuisine will note that a large number of vegetable dishes may actually contain meat, as meat chunks or bits have been traditionally used to flavor dishes. Chinese Buddhist cuisine has many true vegetarian dishes (no meat at all).

For much of China's history, human manure has been used as fertilizer due to the large human population and the relative scarcity of farm animals in China. For this reason, raw food (especially raw vegetables such as salad) has not been part of the traditional Chinese diet. Desserts as such are less typical in Chinese culture than in the West. Chinese meals do not typically end with a dessert or dessert course as is common in Western cuisine. Instead, sweet foods are often introduced during the course of the meal with no firm distinction made. For instance, the *basi* fruit dishes (sizzling sugar syrup coated fruits such as banana or apple) are eaten alongside other savory dishes that would be considered main course items in the West. However, many sweet foods and dessert snacks do exist in Chinese cuisine. Many are fried, and several incorporate red bean paste (*dousha*). The *matuan* and the *doushabao* is filled with *dousha*; it is often eaten for breakfast. Some steamed bun items are filled with *dousha*; some of these are in the shape of peaches, an important Chinese cultural symbol. Another dessert is *Babao Fan* ("Eight Treasure Rice Pudding").

If dessert is served at the end of the meal, by far the most typical choice is fresh fruit, such as sliced oranges. The second most popular choice is a type of sweet soup, typically made with red beans and sugar. This soup is served warm.

In Chinese culture, cold beverages are believed to be harmful to digestion of hot food, so items like ice-cold water or soft drinks are traditionally not served at meal-time. Besides soup, if any other beverages are served, they would most likely be hot tea or hot water. Tea is believed to help in the digestion of greasy foods.

### **T**ypical dishes

Jiaozi - filled dumplings, *guotie*

Potsticker - shallow fried *jiaozi*



## **Noodles**

Fried noodles

Noodle soup

Kung Pao chicken

Hotpot - a communal dish that consists of a simmering pot of stock at the center of the dining table.

While the hot pot is kept simmering, ingredients are placed into the pot and are cooked at the table.

Fried pancakes (including green onion pancakes) - a Chinese snack consisting of a non-leavened, salty flatbread infused with oil and minced scallions. Made with dough instead of batter.

Zongzi - rice balls, wrapped in leaves

Peking Duck - the trademark dish of Beijing

Baozi - filled steamed buns

Dim sum - a Chinese light meal or brunch, eaten sometime from morning-to-early afternoon with family or friends. Dim sum consists of a wide spectrum of choices, from sweet to salty. It has combinations of meat, vegetables, seafood, and fruit. It is usually served in a small basket or on a small dish, depending on the type of dim sum.

Steamed fish

Tofu dishes



## **Breakfast foods**

Century egg (thousand-year old egg, or preserved egg) - made by preserving duck or chicken eggs in a mixture of clay, ash, salt, lime, and rice straw for several weeks to several months, depending on the method of processing.

Tea egg - hard boiled egg soaked or stewed in tea

Congee - rice porridge

Pickled vegetables

Soy milk - in either sweet or salty form

Youtiao - "Cow tongue pastry", or other fried Chinese dough foods

Shaobing - a flaky baked or pan-seared dough pastry

Rice balls - with savory fillings or coatings

Starches

Mantou - steamed bread

White rice

Noodles

*Compiled by Paula Scott, USU Extension, Salt Lake County*

*Source: Wikipedia*

*[http://en.wikipedia.org/wiki/Chinese\\_cuisine](http://en.wikipedia.org/wiki/Chinese_cuisine)*



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# Cuban Cuisine



Cuban cuisine is a fusion of Spanish and Caribbean cuisines. Cuban recipes share spices and techniques with Spanish and Caribbean cooking. A traditional Cuban meal would not be served in courses; rather all food items would be served at the same time. The meal would consist of *plantains*, black beans and rice (*moros y cristianos*), *ropa vieja* (beef), Cuban bread (a fairly simple bread, usually made with lard instead of oil, it is similar to French bread but has a slightly different cooking method and ingredient list; pork with onions and tropical fruits). Black beans and rice, referred to as *moros y cristianos* (or *moros* for short), and plantains are staples of the Cuban diet. Many of the meat dishes are cooked slowly with light sauces. Garlic, cumin, oregano and bay leaves are the dominant spices.

## Representative Dishes

Boliche - a beef roast, stuffed with chorizo sausage

Ropa Vieja - beef cooked in sauce until it falls apart, resembling "old clothes"

Cuban sandwich - a popular export of Cuban cuisine to the United States, especially in Florida. It is a simple pressed sandwich traditionally made with thinly sliced cold roast pork, thinly sliced cold *cerrano* ham, thinly sliced swiss cheese, sweet pickles and yellow mustard on Cuban bread.

Compiled by Paula Scott, USU Extension, Salt Lake County

Source: Wikipedia

[http://en.wikipedia.org/wiki/Cuban\\_cuisine](http://en.wikipedia.org/wiki/Cuban_cuisine)



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# Hawaiian Cuisine



Modern Hawaiian cuisine is a fusion of many cuisines brought by multi-ethnic immigrants to the islands, particularly of American, Chinese, Filipino, Japanese, Korean, Polynesian and Portuguese origins, and including food sources from plants and animals imported for Hawaiian agricultural use from all over the world. Many local restaurants serve the ubiquitous plate lunch featuring the Asian staple, two scoops rice, a simplified version of American macaroni salad (usually consisting of only macaroni noodles and mayonnaise), and a variety of different toppings ranging from the hamburger patty, a fried egg, and gravy of a *Loco Moco*, Japanese style *Tonkatsu* or the traditional favorite, *Kalua Pig*.

The first Polynesians began arriving from the Marquesas in about 600 or 700 AD; then from the Society Islands came another migration in about 1100 AD. With them they brought many ingredients not indigenous to the Hawaiian islands, such as breadfruit. As an Island culture, the Hawaiians are dependent on the sea for much of their diet as evident by their love of *Poke* or *Ahi* which is similar to a *Ceviche*, *Mahi mahi* and *Tako*. Among the Hawaiian people, it is customary to celebrate auspicious occasions with a luau or great feast. Once called the *aha'aina*, the feast had spiritual significance; it was thought that they were sharing a meal with the gods. Native cuisine until the arrival of European settlers in the 1800's was, like most Polynesian cuisine, extremely low fat. With the arrival of pigs on the island and later Spam this would change the typical native's diet, sometimes gravely. There is some momentum to return to a more traditional diet as natives are suffering from heretofore unknown epidemics of diabetes, strokes and heart attacks much like Native American cuisine whose pre-conquest diet has been replaced with things like untraditional Indian fry bread.

## Native ingredients

Taro - A tropical plant grown primarily as a vegetable food for its edible corm.

Coconuts

Yams

Sweet potatoes - a member of the morning glory family yields the highest nutrition per acre of any crop

Sugar cane

Breadfruit - A staple food in many tropical regions. It can be eaten once cooked, or can be further processed into a variety of other foods.

Kukui - The kukui nut is similar (though "rougher") in flavor and texture to the macadamia nut

Bananas

Mussels

Mountain apples

Island Fish - fish like mullet and mahi-mahi

Seaweed



### **Ingredients borrowed from other cultures**

Five spice - A convenient seasoning for Chinese cuisine, particularly Cantonese cuisine. It incorporates the five basic flavors of Chinese cooking — sweet, sour, bitter, pungent, and salty. It consists of China Tung Hing cinnamon (actually a type of cassia), powdered cassia buds, powdered star anise and anise seed, ginger root, and ground cloves. Another recipe for the powder consists of cinnamon, black pepper, cloves, fennel seed, and star anise

Char siu - Cantonese-style barbecued pork

Wasabi - Japanese horseradish, member of the mustard family.

Tofu - a food of Chinese origin, made by coagulating soy milk, and then pressing the resulting curds into blocks.

Patis and Bagoong - fish sauces

Sushi and Sashimi - A food made of vinegared rice combined with various toppings or fillings.

Jicama

Spam

Melons

### **List of Hawaiian foods**

Ahi - tuna, several species of ocean-dwelling fish

Kalua Pig - Kalua is a Hawaiian cooking method that utilizes an imu, or underground oven.

Kona coffee - the market name for a variety of coffee

Loco Moco - The essential *loco moco* consists of white rice topped with a hamburger patty, a fried egg, and brown gravy.

Lomi salmon - typically prepared by mixing salted, diced salmon with tomatoes, crushed ice, and green onions

Macadamia nut

Mahi-mahi - surface-dwelling ray-finned fish found in off-shore tropical and subtropical waters world-wide.

Plate lunch - The standard plate lunch consists of two scoops of white rice and a scoop of macaroni salad taken by an ice cream scooper, combined with one kind of meat.

Poi - Hawaiian word for the primary Polynesian staple food made from the *kalo* plant

Poke - a fish salad served as an appetizer. Poke is Hawaiian for "section" or "to slice or cut", and consists of cubed (about 1") raw fish (often *ahi* tuna) combined with limu seaweed, crushed kukui nut, and sea salt.

Portuguese sweet bread - A bread made with milk, sugar and/or honey to produce a subtly sweet lightly textured loaf. It was traditionally made around the Christmas and Easter holidays.

Spam musubi - A very popular snack or luncheon food in Hawaii made in the tradition of Japanese *onigiri* or *omusubi*. A slice of Spam is placed onto a block of rice and a piece of *nori* (dried seaweed) wrapped around the Spam-rice combination to hold it together.

Tako - octopus

*Compiled by Paula Scott, USU Extension, Salt Lake County*

*Source: Wikipedia*

[http://en.wikipedia.org/wiki/Hawaiian\\_cuisine](http://en.wikipedia.org/wiki/Hawaiian_cuisine)



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# Japanese Cuisine



There are many views of what is fundamental to Japanese cuisine. Many think of *sushi* or the elegant stylized formal *kaiseki* meals that originated as part of the Japanese tea ceremony.

Traditional Japanese cuisine is dominated by white rice (*hakumai*), and few meals would be complete without it. Anything else served during a meal--fish, meat, vegetables, *tsuke-mono* (pickles)--is considered a side dish, known as *okazu*.

Traditional Japanese meals are named by the number of side dishes that accompany the rice and soup that are nearly always served. The simplest Japanese meal, for example, consists of *ichijū-issai* ("one soup, one side" or "one dish meal"). This means soup, rice, and one accompanying side dish--usually a pickled vegetable like *daikon*. A traditional Japanese breakfast, for example, usually consists of miso soup, rice, and a pickled vegetable. The most common meal, however, is called *ichijū-sansai* ("one soup, three sides"), or soup, rice, and three side dishes, each employing a different cooking technique. The three side dishes are usually raw fish (*sashimi*), a grilled dish, and a simmered (sometimes called boiled in translations from Japanese) dish -- although steamed, deep fried, vinegared, or dressed dishes may replace the grilled or simmered dishes. *Ichijū-sansai* often finishes with pickles such as *umeboshi* and green tea.

This Japanese view of a meal is reflected in the organization of traditional Japanese cookbooks. Chapters are organized according to cooking techniques: fried foods, steamed foods, and grilled foods, for example, and not according to particular ingredients (e.g., chicken or beef) as are western cookbooks. There may also be chapters devoted to soups, sushi, rice, noodles, and sweets.

Since Japan is an island nation, its people consume much seafood including fish, shellfish, octopus, squid, crab, lobster, shrimp and seaweed. Although not known as a meat eating country, very few Japanese consider themselves vegetarians. Beef and chicken are commonly eaten and have become part of everyday cuisine.

Noodles, originating from China, have become an essential part of Japanese cuisine. There are two traditional types of noodle, *soba* and *udon*. Made from buckwheat flour, *soba* (thin, brown noodles, made from wheat flour), *udon* (thick, white noodles). Both are generally served in a soy-flavored fish broth with various vegetables. A more recent import from China, dating to the early 19th century, is *ramen* (Chinese wheat noodles), which has become extremely popular. *Ramen* is served in a variety of soup stocks ranging from soy sauce/fish stock to butter/pork stock.

Although most Japanese eschew eating insects, there are a couple of exceptions. In some regions, grasshoppers (*inago*) and bee larvae (*hachinoko*) are not uncommon dishes. Salamander is eaten as well in places.

## **T**raditional Japanese table settings

The traditional Japanese table setting has varied considerably over the centuries, depending primarily on the type of table common during a given era. Before the 19th century, small individual box tables (*hakozen*) or flat floor trays were set before each diner. Larger low tables (*chabudai*) that accommodated entire families were becoming popular by the beginning of the 20th century, but these gave way to western style dining tables and chairs by the end of the 20th century.



Traditional table settings are based on the *ichijū-sansai* formula.

Typically, five separate bowls and plates are set before the diner.

Nearest the diner are the rice bowl on the left and the soup bowl on the right.

Behind these are three flat plates to hold the three side dishes, one to far back left (on which might be served a simmered dish), one at far back right (on which might be served a grilled dish), and one in the center of the tray (on which might be served boiled greens). Pickled vegetables are often served as well, and eaten at the end of the meal, but are not counted as part of three side dishes.

Chopsticks are generally placed at the very front of the tray near the diner with pointed ends facing left and supported by a chopstick holder, or *hashioki*.

## **D**ishes for special occasions

In Japanese tradition some dishes are strongly tied to a festival or event. Major such combinations include:

Osechi - New Year.

Chirashizushi (clear soup of crumbs and amazake) - Hinamatsuri.

Botamochi (sticky rice dumpling with sweet azuki paste) - Spring equinox.

Chimaki (steamed sweet rice cake) - Tango no Sekku and Gion Festival.

Hamo (a kind of fish) and somen - Gion Festival.

Sekihan (cooked rice with adzuki) - celebration in general.

Soba - New Year's Eve. This is called *toshi koshi soba* (literally "year crossing soba").

In some regions every 1st and 15th day of the month people eat a mixture of rice and adzuki (*azuki meshi*).

## **J**apanese ingredients

### **R**ice:

Short or medium grain white rice

Mochi rice - glutinous rice

### **V**egetables:

Nira - Chinese chives

Spinach

Cucumber

Eggplant



## - Vegetables Cont.-

Gobo - burdock plant

Daikon - (In Japanese. literally "large root"; Chinese: literally "white radish") is a mild-flavored East Asian giant white radish.

Sweet potato

Renkon - lotus root

Takenoko - bamboo shoots

Negi - Welsh onion

Fuki - butterbur

Moyashi - mung or soybean sprouts

Kaiware - radish sprouts

Sansai - wild vegetables

Konnyaku - shirataki

Tsukemono - pickled vegetables

## **Mushrooms:**

Shiitake

Matsutake

Enokitake

Nameko - plant

Shimeji

## **Seaweed:**

Nori

Konbu

Wakame

Hijiki

## **Processed seafood:**

Chikuwa - a Japanese tube-like food product made from ingredients like fish *surimi*, salt, sugar, starch, and egg white. After mixing them well, they are wrapped around a bamboo or metal stick and steamed or broiled.

Niboshi - Japanese dried baby sardines (sometimes translated as anchovies).

Dried cuttlefish

Kamaboko - a variety of Japanese processed seafood products, called *surimi*, in which various white fish are pureed, formed into distinctive loaves, and then steamed until fully cooked and firm in texture.

Surimi - ground meat" in Japanese. Refers to a product made from white-fleshed fish (such as pollock or hake) or lean meat that has been pulverized to a paste and attains a rubbery texture when cooked.

Satsuma

Noodles - udon, soba, somen, ramen

Eggs - chicken, quail

Meats - pork, beef, chicken, horse. Sometimes as *minchi* (minced meat)

Beans - soy, adzuki



## **Bean products:**

Edamame - soybean, is a species of legume, native to eastern Asia.

Miso - thick paste, made by fermenting soybeans with sea salt and *kōji*, itself the product of fermenting rice, barley or soybeans with a mold culture

Soy sauce - light, dark, *tamari*

Tofu - tofu, *agedōfu*

Yuba tofu skin - a Japanese and Chinese food product made from soybeans

## **Fruits:**

Persimmon

Chestnut

Nashi pear

Loquat

## **Citrus fruits:**

Daidai - an Asian variety of bitter orange.

Iyokan - a Japanese citrus fruit.

Kabosu

Kumquat

Mikan - general term for citrus

Natsumikan (*amanatsu*) - a yellowish orange citrus fruit

Sudachi - a small, round, green citrus fruit that is relatively unknown to the world except in Japan

Yuzu - a variety of Bitter Orange.

Katakuri flour, kudzu flour, rice powder, soba flour, wheat flour

Fu - wheat gluten

## **Japanese flavorings:**

It is not generally thought possible to make authentic Japanese food without *shō-yu* (soy sauce), *miso* and *dashi*.

Shō-yu (Soy sauce), dashi, mirin, sugar, rice vinegar, miso, sake.

Kombu, katsuobushi, niboshi. - are edible kelp widely eaten in Northeast Asia

Negi (welsh onion), onions, garlic, *nira* (garlic chives), *rakkyo* (a type of scallion)

Sesame seeds, sesame oil, sesame salt (gomashio), furikake, walnuts or peanuts to dress.

Wasabi (and imitation wasabi from horseradish), mustard, red pepper, ginger, *shiso* (or beefsteak) leaves, *sansho*, citrus peel, and honeywort (called *mitsuba*).

Monosodium Glutamate - for better or for worse, is often used by chefs and food companies as a flavor enhancer, as well as being available on the table as a condiment.

## **Famous Japanese foods and dishes**

### **Deep-Fried dishes (*Agemono*)**

Korokke (*croquette*) - breaded and deep-fried balls of mashed potato with creamy



## - Deep Fried Dishes Cont. -

vegetable, seafood, or meat-flavored fillings.

Kushiage - meat deep fried on a skewer.

Tempura - battered and deep-fried vegetables, seafood, and meat.

Tonkatsu - deep-fried breaded cutlet of pork (chicken versions called *chicken katsu*).

Donburi - a one-bowl dish of hot steamed rice with various savory toppings, usually includes cooking an egg as an ingredient.

Katsudon - deep-fried breaded cutlet of pork (*tonkatsudon*), chicken (*chicken katsudon*) or fish (*magurodon*)

Oyakodon (*Parent and Child*)- usually chicken and egg but sometimes salmon and salmon roe

Gyūdon - seasoned beef

Tendon - battered, deep fried foods, usually shrimp and vegetables.

Unatamadon - broiled eel with vegetables

## Grilled and pan-fried dishes (*Yakimono*)

Gyoza - Chinese dumplings (potstickers), usually filled with pork and vegetables

Hamachi Kama - grilled yellow tail tuna jaw and cheek bone

Kushiyaki - meat and vegetable kabobs

Okonomiyaki - pan-fried batter cakes with various savory toppings

Omu-Soba - an omelette with yakisoba as its filling

Takoyaki - a spherical, fried dumpling of batter with a piece of octopus inside

Teriyaki - grilled, broiled, or pan-fried meat, fish, chicken or vegetables glazed with a sweetened soy sauce

Unagi (including *kabayaki*) - grilled and flavored eel

Yakisoba - Japanese style fried noodles

Yakitori - chicken kebabs

Nabemono - one pot cooking

Motsunabe - cow intestine, hakusai (*bok choy*) and various vegetables are cooked in a light soup base

Nikujaga - a Japanese version of beef stew

Oden

Shabu-shabu - hot pot with thinly sliced beef, vegetables, and tofu boiled in a thin stock and dipped in a soy or sesame-based sauce before eating.

Sukiyaki - thinly sliced beef and vegetables cooked in a special sauce made of soy sauce, *dashi*, sugar, and *sake*. Participants cook at the table then dip food into their individual bowls of raw egg before eating it.

Tecchiri - hot pot with blowfish and vegetables, a specialty of Osaka



## Noodles (*men-rui*)

Noodles often take the place of rice in a meal. However, the Japanese appetite for rice is so strong that many restaurants even serve ramen-rice combination sets.

Soba - thin brown buckwheat noodles served chilled with various toppings or in hot broth

Ramen - thin light yellow noodle served in hot broth with various toppings; of Chinese origin, it is a popular and common item in Japan

Udon - thick wheat noodle served with various toppings or in a hot *shoyu* and *dashi* broth  
Champon - yellow noodles of medium thickness served with a great variety of seafood and vegetable toppings in a hot broth which originated in Nagasaki as a cheap food for students  
Somen  
Okinawa soba - a wheat-flour noodle often served with *sōki*, steamed pork

## **Other**

Agedashi tofu - cubes of deep-fried silken tofu served in hot broth  
Bento or Obento - combination meal served in a wooden box  
Hiyakko - cold tofu dish  
Osechi - traditional food eaten at the New Year  
Natto - fermented soybeans, stringy like melted cheese, infamous amongst non-Japanese for its strong smell and slippery texture. Often eaten for breakfast. Typically popular in Kanto and less so in Kansai  
Shiokara - salty fermented viscera  
Chawan mushi - meat (seafood and/or chicken) and vegetables boiled in egg custard



## **Rice (*gohanmono*)**

Mochi - soft rice cake  
Ochazuke - green tea poured over white rice, often flavored  
Onigiri - Japanese rice balls  
Sekihan - red rice with adzuki beans  
Kamameshi - rice topped with vegetables and chicken or seafood, then baked in an individual-sized pot  
Kare rice - Introduced from UK in the late 19th century, it became a staple food in Japan  
Hayashi rice - thick beef stew on rice; origin of the name is unknown, but may be "hashed rice"  
Om-rice (*Omu-raisu*) - omelette filled with fried rice, apparently originating from Tokyo

**Sashimi** - raw, thinly sliced foods served with a dipping sauce and simple garnishes; usually fish or shellfish but can be almost anything including beef, horse and chicken.

Basashi - sliced horse meat, sometimes called *Sakura*

Fugu - sliced poisonous pufferfish (sometimes lethal), a uniquely Japanese specialty

Rebasashi - usually liver of beef

Shikasashi - sliced deer meat, a rare delicacy in certain parts of Japan

## **Soups (*suimono* and *shirumono*)**

Tonjiru - similar to Miso soup, except that pork is added to the ingredients

Dangojiru - soup made with dumplings along with seaweed, tofu, lotus root, or any number of other vegetables and roots

Miso soup - soup made with *miso*, *dashi* and seasonal ingredients like fish, *kamaboko*, onions, clams, potato, etc.

Sumashijiru - a clear soup made with *dashi* and seafood

**Sushi** - is vinegared rice topped or mixed with various fresh ingredients, usually fish or seafood.

Nigirizushi - This is sushi with the ingredients on top of a block of rice.



Makizushi - Translated as "roll sushi," this is where rice and seafood or other ingredients are placed on a sheet of seaweed (nori) and rolled into a cylindrical shape on a bamboo mat and then cut into smaller pieces.

Temaki - Basically the same as makizushi, except that the nori is rolled into a cone-shape with the ingredients placed inside.

Chirashi - Translated as "scattered", chirashi involves fresh sea food, vegetables or other ingredients being placed on top of sushi rice in a bowl or dish.

## **Sweets**

### **Wagashi** - Japanese-style sweets

Amanatto - A Japanese confectionery, made of *azuki* beans or other beans boiled with sugar.

Anmitsu - a traditional Japanese dessert

Anpan - bread with sweet bean paste in the center

Dango - rice dumpling

Ginbouis a wagashi - Looks just like a dried persimmon, and can be made by filling *gyuuhi* (also spelled *gyūhi*, a soft form of *mochi*) with bean jam, then sprinkling white sugar over it.

Hanabiramochi - a Japanese sweetmeat (*wagashi*), usually eaten at the beginning of the year. The name "hanabiramochi" literally means "flower petal *mochi*". It is made by placing a flat red *mochi* (rice cake) on top of a white one, then folding into a semicircular shape and filling with sweetly flavored burdock and soybean jam.

Higashi - a type of *wagashi*, which literally is dry and contains very little moisture

Hoshigaki - Dried persimmon fruit

Imagawayaki - also known as '*Taikoyaki*'.

Kakigori - shaved ice with syrup topping

Kompeito - crystal sugar candy

Manju - sticky rice surrounding a sweet bean center

Matsunoyuki - a Japanese sweet made by sprinkling ground caramelo (foam candy) on to a dark green *gyuuhi* in the shape of a pine tree.

Melonpan - a large, round, sweet, crusty bread that looks and tastes somewhat like a melon

Mochi - steamed sweet rice pounded into a solid mass

Oshiruko - a warm, sweet red bean (an) soup with *mochi* (rice cake)

Uiro - a steamed cake made of rice flour

Taiyaki - a fried, fish-shaped cake, usually with a sweet filling such as red bean paste



### **Dagashi** - Old-fashioned Japanese-style sweets

Karumetou - Brown sugar cake. Also called *Karumeyaki*

*Ramune* - delicious soft drink, Marble soda

Sosu Senbei - Thin wafers eaten with soy sauce

Umaibou - Puffed corn food with various flavors

### **Yogashi** - Western-style sweets, but in Japan typically very light or spongy

Kasutera - "Castella" Iberian-style sponge cake

Mirucurepu - "mille crepe" - layered crepe

**Other Snacks:**

Azuki Ice - vanilla flavored ice cream with sweet azuki beans

Hello Panda - a somewhat popular brand of Japanese biscuits

Macha Ice (Green tea ice cream) - green tea flavored ice cream

Pocky - a biscuit stick coated with chocolate, strawberry

Chinmi - literally meaning odd taste, are local cuisines that have fallen out of popularity or those cuisines that are peculiar to a certain area.

Uni - specifically salt-pickled uni

Karasumi - salt-pickled sea urchin roe

Konowata - cured sea cucumber entrails

Compiled by Paula Scott, USU Extension, Salt Lake County

Source: Wikipedia

[http://en.wikipedia.org/wiki/Japanese\\_cuisine](http://en.wikipedia.org/wiki/Japanese_cuisine)



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# Korean Cuisine



Korean cuisine is the traditional food of Korea. From the complex Korean royal court cuisine to regional specialties to modern fusion cuisine. The ingredients and preparation are richly varied, and many dishes are becoming internationally popular.

It is based largely on rice, vegetables, meats and tofu (*dubu* in Korean). Traditional Korean meals are named for the number of side dishes (*banchan*) that accompany the ubiquitous steam-cooked short-grain rice, soup, and *kimchi* (fermented, spicy vegetable *banchan*, most commonly cabbage, radish or cucumber). Every meal is accompanied by up to twelve *banchan*.

Korean food is usually seasoned with sesame oil, *doenjang* (fermented soybean paste), soy sauce, salt, garlic, ginger and *gochujang* (red chile paste). Korea is the largest consumer of garlic, ahead of Italy and Southeast Asia.

The cuisine varies seasonally, and especially during winter, relies much on pickled vegetables preserved in big ceramic containers stored underground in the outdoor courtyard. Preparation of Korean food is generally very labor-intensive.

Korean royal cuisine, once only enjoyed by the royal court and the yangban aristocrats of the Joseon period, take hours and days to prepare. It must harmonize warm and cold, hot and mild, rough and soft, solid and liquid, and a balance of presentation colors. It is often served on hand-forged bronzeware. The foods are served in a specific arrangement of small dishes alternating to highlight the shape and color of the ingredients.

Some of these traditional royal cuisines, which can cost as much as US\$250 per person excluding drinks, include serving by exclusive waiters and can be found at high-end restaurants in select locations within the city of Seoul. Imperial cuisine has received a boost in popularity, thanks to *Dae Jang Geum*, a Korean television drama very popular in many parts of Asia, about a humble girl becoming the royal head chef during the Joseon period.

## Korean table settings

Koreans traditionally eat (and many still do eat) seated on cushions at low tables with their legs crossed in a modified lotus position. Some traditional restaurants provide floor chairs with backs.

Meals are eaten with a set of silver chopsticks and a long-handled shallow spoon (similar to the Western spoon, unlike the Chinese soup spoon), together known as *sujeo* in Korean. Unlike other chopstick cultures, Koreans have used spoons since at least the 5th century.

## A typical table setting consists of:

steamed rice for each person, in a deep stainless steel or ceramic bowl, usually with a cover

(near left of the diner) hot soup for each person, in a small shallower bowl (to the right of the rice), or sometimes a large, shared pot of soup in the center of the table a set of silver (traditional) or stainless steel spoon for rice and soup, and chopsticks for ban Chan (to the right of the soup) various small bowls of shared bite-sized ban Chan side dishes

## **Traditional Korean table etiquette**

Although there is no prescribed order for eating the many dishes served at a traditional Korean meal, many Koreans start with a small portion of soup before eating the other dishes in any order they wish.

Unlike other chopstick cultures, Koreans do not eat rice with chopsticks only but use *sujeo*, a combination of a long shallow spoon and oval-shaped chopsticks. Koreans generally do not pick up their rice or soup bowls, but leave both on the table and eat from them with spoons. Side dishes are eaten with chopsticks.

Bad manners include blowing one's nose at the table (considered the rudest of acts), picking up chopstick or spoon before the oldest person starts the meal, chewing with an open mouth, talking with food in one's mouth, sticking chopsticks or spoon straight up in a dish, stabbing foods with chopsticks, mixing rice and soup, and picking up food with one's hands (with certain exceptions). In informal situations, these rules are often broken.



Though diners do not need to finish all the shared food that was provided, it is customary to finish one's individual portion of rice. Ban Chan dishes are intended to be finished at each meal, so are presented in small portions and replenished as they are emptied. It is acceptable to ask for refills of any of the side dishes.

## **Korean foods and dishes**

Many Korean ban Chan rely on fermentations for flavor and preservation, resulting in salty and spicy taste.

Certain regions are especially associated with some dishes (for example, the city of Jeonju with *Bibimbap*) either as a place of origin or for a famous regional variety. Restaurants will often use these famous names on their signs or menus (compare Chicago-style pizza).

## **Basics**

Doenjang (or *Dwenjang*) - fermented soybean paste, more pungent than Japanese miso.

Gochujang - hot chili pepper paste

Kimchi (or *Gimchi* or *Kimchee*) - vegetables (usually cabbage, white radish, or cucumber) commonly fermented in a brine of ginger, garlic, green onion and chili pepper. There are infinite varieties (at least as many as there are households), which are served as side dishes. Koreans traditionally made enough *kimchi* to last for the entire winter season, although refrigerators and commercial bottled *kimchi* made this practice less common.

## **Light dishes**

Gimbap (or *Kimbap*) - rice and strips of vegetables, egg, and meat, rolled in seaweed and sliced



into bite-sized pieces. Unlike Japanese maki sushi, ingredients are cooked and seasoned, and rice is seasoned with salt and sesame seed oil.

Mandu - A dumpling typically filled with pork or beef, vegetables, special noodles, tofu and kimchi. These can be prepared boiled, pan-fried, or steamed.

Pajeon - pancake made mostly of eggs and flour, with green onion, oysters, or fresh baby clams cooked on frying pans.

Bindaetteok - pancake made of ground mung beans, with green onions, kimchi, or peppers cooked on frying pans.

Tteok - a chewy cake made from either pounded short-grained rice

metteok - pounded glutinous rice

chaltteok - glutinous rice left whole, without pounding

yaksik - They are served either cold (filled or covered with sweetened mung bean paste, red-bean paste, raisins, a sweetened filling made with sesame seeds, mashed red beans, sweet pumpkin, beans, dates, pine nuts and/or honey), usually served as dessert or snack. Sometimes cooked with thinly-sliced beef, onions, oyster mushrooms, etc. to be served as a light meal.

## **Main meat dishes**

At traditional restaurants, meats are cooked at the center of the table over a charcoal grill, surrounded by various ban Chan and individual rice bowls. The cooked meat is then cut into small pieces and wrapped with fresh lettuce leaves, with rice, thin slice of garlic, *ssamjang* (mixture of *gochujang* and *dwenjang*), and other seasoning.

Bulgogi - thinly sliced beef marinated in soy sauce, sesame seed oil, garlic, sugar, green onions, black pepper and chili pepper, cooked on a grill at the table. Bulgogi literally means "fire meat". Variations include pork (*Dweji bulgogi*), chicken (*Dak bulgogi*), or squid (*Ojingeo bulgogi*).

Galbi - pork or beef ribs, cooked on a metal plate over charcoal in the centre of the table. The meat is sliced thicker than *bulgogi*. It is often called "Korean BBQ." A variation using chicken is called (*Dakgalbi*).

Samgyeopsal - unseasoned pork bacon cut from the belly, served in the same fashion as *galbi*. Sometimes cooked on a grill with *kimchee* troughs at either side. Commonly grilled with garlic and onions, dipped in *ssamjang* and wrapped in lettuce leaves.

Hoe - raw seafood dish dipped in *gochujang* sauce, served with lettuce or sesame leaves.

## **Royal dishes**

*Gujeolpan* - literally "nine-sectioned plate," this very elaborate dish consists of a number of different vegetables and meats served with thin pancakes. It is served only at special occasions such as weddings, and is associated with royalty.

## **Soups and stews**

Budae jjigae ("army base stew") - Soon after the Korean War, meat was scarce in Seoul. Some people made use of surplus foods from US Army bases such as hot dogs, instant ramen or canned ham (such as Spam and incorporated it into a traditional spicy soup. This *budae jjigae* is still popular in South Korea.

Doenjang jjigae - spicy soybean paste soup, served as the main course or served alongside a meat course. It contains a variety of vegetables and shellfish, including small mussels, shrimp and/or large anchovies.



Gamjatang ("potato stew") - a spicy soup with pork spine, vegetables (especially potatoes) and hot peppers. The vertebrae are usually separated. This is often a late night snack but is also served for a lunch or dinner.

Haejangguk - a favorite hangover cure consisting usually of meaty pork spine, dried cabbage, coagulated 'ox blood' (similar to blood pudding), and vegetables in a hearty beef broth. Legend has it that soon after World War II, a restaurant that invented this stew was the only place open in the Jongno district when the curfew at the time lifted at 4 a.m.

Kimchi jjigae - Kimchi with spicy soybean paste in a soup, common lunch meal or accompaniment to a meat course. It is normally served in a stone pot, still boiling when it arrives at the table.

Mae-un tang - a refreshing hot & spicy fish soup.

Samgyetang - a soup made with Cornish Game Hens that are stuffed with sweet rice, jujubes, garlic, and chestnuts. The broth is flavored with ginseng roots. The soup is traditionally eaten in the summer.

Seolleongtang - ox bones and meat, simmered for several hours until the soup is milky-white.

Sundubu jjigae - a thick spicy stew made with soft tofu. Traditionally, the diner cracks a raw egg in it while it's still boiling.

### **Mixed rice**

Bibimbap ("mixed rice") - rice topped with vegetables, beef and egg, and served with a dollop of chili pepper paste. A variation of this dish, *dolsot bibimbap*, is served in a heated stone bowl, in which a raw egg is cooked against the sides of the bowl.

*Yukhoe* is a popular version, comprising raw beef strips with raw egg and a dash of soy sauce mixed with Asian pear and *gochujang*.

Everything (seasonings, rice and vegetables) is stirred together in one large bowl and eaten with a spoon.

Hoedeopbap \hweh-dup-bahp\ - cubed raw fish mixed with fresh vegetables and rice and *gochujang*.

Naengmyeon - ("cold noodles") - this summer dish consists of several varieties of thin, hand-made buckwheat noodles, and is served in a large bowl with a tangy iced broth, raw julienned vegetables and fruit, and often a boiled egg and cold cooked beef. This is also called *Mul* ("water") *Naengmyeon*, to distinguish *Bibim Naengmyeon*, which has no broth and is mixed with *gochujang*.

Japchae (or *Chapchae*) - stir-fried bean cellophane noodles with lots of garlic, vegetables, and meat.

Jjajangmyeon - A variation on a Chinese noodle dish that is extremely popular in Korea. It is made with a black bean sauce, usually with some sort of meat and a variety of vegetables including zucchini and potatoes.

Kalguksu - boiled flat noodles, usually in a broth made of anchovies and sliced zucchini

Ramyeon - spicy variation of Japanese Ramen, usually cooked with vegetables and meats



### **Desserts**

Songpyeon - chewy stuffed rice cake served at *Chuseok* (Mid-Autumn Festival) decorated with sesame seeds, soybeans, and chestnuts. Honey or another soft, sweet material is found inside.

**Korean beverages**

Bori cha - roasted barley tea

Oksusu cha - roasted corn tea

Sungnyung - roasted rice tea

Sujeonggwa - persimmon punch

Sikhye - sweet rice beverage

Yujacha - citron tea

Yulmucha - “Job's tears” tea

*Compiled by Paula Scott, USU Extension, Salt Lake County*

*Source: Wikipedia*

*[http://en.wikipedia.org/wiki/Korean\\_cuisine](http://en.wikipedia.org/wiki/Korean_cuisine)*



# Laos Cuisine



Laos cuisine is the cuisine of the Lao ethnic group of Laos and Northeast Thailand (Isan). Lao food is distinct from other Southeast Asian cuisines. The staple food of the Lao is sticky rice. *Galangal* and fish sauce are important ingredients. The Lao national dish is *laap* (sometimes also spelled *larb*), a spicy mixture of marinated meat and/or fish that is sometimes raw (prepared like *ceviche*) with a variable combination of greens, herbs, and spices. Another characteristic dish is *tam mak houn* (*som tam* in Thai), green papaya salad.

Laos cuisine has many regional variations, according in part to the fresh foods local to each region. In Laos, a French influence is also apparent in the capital city, Vientiane, such that baguettes are sold on the street, and French restaurants (often with a naturally Lao, Asian-fusion touch) are common and popular. Vietnamese cuisine is also popular in Laos.

## Batterie de cuisine

The typical Lao stove, or brazier, is called a *tao-lo* and is fueled by charcoal. It is shaped like a bucket, with room for a single pot or pan to sit on top. The wok, *maw khang* in Lao, is used for frying and stir frying. Sticky rice is steamed inside of a bamboo basket, a *huad*, which sits on top of a pot, which is called the *maw nung*.

A large, deep mortar called a *khok* is used for pounding *tam mak hung* and other foods, and is indispensable in the Lao kitchen.

## Ingredients

Galangal - typically used in soups, mixed dishes and marinades

Kaffir lime - typically used in soups and stews

Shallots

Lemon grass - used in soups, stews and marinades

Tamarind - used in soups

Tamarind leaf - used in soups

Cha-om (acacia) - used in soups, curries, omelettes, and stir-fries

Coriander (cilantro)

Hot pepper - seven popular types

Thai basil - eaten raw with pho

Mint - used in goy/laap, and eaten raw

Dill - used in stews and eaten raw

Lemon basil - used in soups and stews

Garlic

Ginger

Banana flower - typically eaten raw in vermicelli soups

Ginger flower

Bamboo shoot - used in stews or boiled as a side dish



Rattan shoot - typically in stews (bitter)  
Shiitake mushroom - used in soups  
Wood ear mushroom (called "cat ear" in Vietnamese) - used in  
Egg rolls and soups  
Ya nang leaf - used to color (green) and flavor stews  
Mak kheua poy - green and white striped eggplant, used in stews  
or eaten raw  
Mak kheng - another type of eggplant, typically used in stews  
Yard long beans - eaten raw and in stews  
Phak kadao - (neem) a bitter green, eaten raw  
Phak lin may - a bitter green, eaten raw  
Phak ileut - a green, eaten raw (this is probably betel leaf)  
Dok khae - flower of *Sesbania grandiflora* (bitter)  
Phak bong - *ipomoea aquatica*, stir fried or eaten raw  
Nam pa - clear fish sauce (Thai nam pla)  
Padek - Lao-style fish sauce  
"Three-layer pork" - pork belly  
Dried water buffalo skin - used in jaew bong and stews  
Sa khan - stem of *Piper ribesioides*, used in stews  
Kaipen - river algae sheets



## Cooking methods

Grilling, boiling, stewing, steaming, searing and mixing (as in salads) are all traditional cooking methods. Stir frying is now common, but considered to be a Chinese influence. Stews are often green in color, because of the large proportion of vegetables used as well as *ya nang* leaf. Soups are categorized as follows, *tom*, *tom cheut*, *keng*, and *keng soua*. *Keng* is soup that contains ginger and *padek*, and *keng soua* is *keng* that contains both galanga and ginger. In effect it is similar to the Siamese *tom yum*. *Tom cheut* is mild soup that isn't flavored with strong spices.

"Ping" means grilled. It is a favorite cooking method. *Ping kai* is grilled chicken, *ping sin* is grilled meat, and *ping pa* is grilled fish. Before grilling, the meat is typically seasoned with minced garlic, minced cilantro root, minced *galanga*, salt, soy sauce, and fish sauce, each in varying quantities, if at all, according to preference. The Lao seem to prefer a longer grilling at lower heat. The result is grilled meat that is typically drier than what Westerners are accustomed to. The Lao probably prefer their food this way, because they wish to keep their hands dry and clean for handling sticky rice. They also typically eat the grilled food with a hot sauce (*chaew*) of some sort, which takes away the dryness.

## Characteristics of Lao food

Lao food differs from neighboring cuisines in multiple respects. One is that the Lao meal almost always includes a large quantity of fresh raw greens, vegetables and herbs served undressed on the side. Another is that savory dishes are never sweet. "Sweet and sour" is generally considered bizarre and foreign in Laos. Yet another is that some dishes are bitter. There is a saying in Lao cuisine, "*van pen lom; khom pen ya*," which can be translated as, "sweet makes you dizzy; bitter makes you healthy." A couple of the green herbs favored in Lao cuisine but generally ignored by their neighbors are mint and dill, both of paramount importance. *Galangal* is a cooking herb that is heavily favored in Laos, unlike in neighboring countries. It appears in probably the majority of Lao dishes, along with the conventional herbs: garlic, shallots, lemongrass, etc. Another distinctive characteristic of Lao food or more properly, Lao eating habits, is that food is frequently eaten at room temperature. This may be attributable to the fact that Lao food served with sticky rice is traditionally handled by hand.

## Eating customs

The traditional manner of eating was communal, with diners sitting on a reed mat on the wooden floor around a raised platform woven out of rattan called a *ka toke*. Dishes are arranged on the *ka toke*, which is of a standard size. Where there are many diners, multiple *ka tokes* will be prepared. Each *ka toke* will have one or more baskets of sticky rice, which is shared by all the diners at the *ka toke*.

In recent times, eating at a *ka toke* is the exception rather than the rule. The custom is maintained, however, at temples, where each monk is served his meal on a *ka toke*. Once food is placed on the "*ka toke*" it becomes a "*pha kao*." In modern homes, the term for preparing the table for a meal is still *taeng pha kao*, or prepare the *pha kao*.

Traditionally, spoons were used only for soups and white rice, and chopsticks were used only for noodles. Most food was handled by hand. The reason this custom evolved is probably due to the fact that sticky rice can only be easily handled by hand.

Lao meals typically consist of a soup dish, a grilled dish, a sauce, greens, and a stew or mixed dish (koy or laap). The greens are usually fresh raw greens, herbs and other vegetables, though depending on the dish they accompany, they could also be steamed or more typically, parboiled. Dishes are not eaten in sequence; the soup is sipped throughout the meal. Beverages, including water, are not typically a part of the meal. When guests are present, the meal is always a feast, with food made in quantities sufficient for twice the number of diners. For a host, not having enough food for guests would be humiliating. The custom is to close the rice basket when one is finished eating.

## Representative dishes

Laap - a spicy meat salad  
Tam mak hung - green papaya salad  
Soup noh may - green bamboo stew  
Soup phak - vegetable salad  
Keng noh mai som - sour bamboo shoot soup  
Ping sin - dry grilled beef  
Ping kai - grilled chicken  
Sai oua - sausage  
Nem - Lao "fried rice"  
Sin savane - sweet crisp fried beef  
Som moo - pickled pork ("ham")  
Som pa - pickled fish  
Som khai pa - pickled fish roe  
Som phak kad - pickled greens  
Sai oua - sausage  
Mok pa - fish steamed in banana leaf  
Mok kai - chicken steamed in banana leaf  
Or - green vegetable stew  
Or lam - Luang Prabang style green vegetable stew  
Tom padek - fish stewed in padek  
Tom tin moo - pig's trotter soup



Keng som kai - sour chicken soup  
Khao poon nam jaew - rice vermicelli soup  
Khai khuam - stuffed eggs "upside down"  
Pon - spicy puree of cooked fish  
Khao nom maw keng - coconut custard cake

## **Beverages**

Lao coffee is often called *Pakxong* coffee (Cafe Pakxong in Lao), which is grown on the Bolovens Plateau around the town of Pakxong. This area is sometimes said to be the best place in Southeast Asia for coffee cultivation. Both robusta and arabica are grown in Laos, and if you ask for arabica, there is a very good chance the proprietor will know what you are talking about. Most of the arabica in Laos is consumed locally and most of the robusta is exported to Thailand, where it goes into Nescafe. The custom in Laos is to drink coffee in glasses, with condensed milk in the bottom, followed by a chaser of green tea. The highly-regarded tea is also grown on the Bolovens Plateau.

There are two general types of traditional alcoholic beverages, both produced from rice: *lao hai* and *lao lao*. *Lao hai* means jar alcohol and is served from an earthen jar. It is communally and competitively drunk through straws at festive occasions. It can be likened to *sake* in appearance and flavor. *Lao lao* or *Lao alcohol* is more like a whiskey. It is also called *lao khao* or, in English, white alcohol. However, there is also a popular variant of *lao lao* made from purple rice, which has a pinkish hue.



*Compiled by Paula Scott, USU Extension, Salt Lake County.*

*Source: Wikipedia*

*[http://en.wikipedia.org/wiki/Lao\\_cuisine](http://en.wikipedia.org/wiki/Lao_cuisine)*



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# Native American Cuisine



Native American cuisine includes all food practices of the native peoples of the Americas. Information about Native American cuisine comes from a great variety of sources. Modern day native peoples retain a rich body of traditional foods, some of which have become iconic of present-day Native American social gatherings (for example, frybread). Foods like cornbread are known to have been adopted into the cuisine of the United States from Native American groups. In other cases, documents from the early periods of contact with European, African, and Asian peoples allow the recovery of food practices which passed out of popularity in the historic period (for example, Black Drink).

## Native American cuisine of the United States

American Indians of the Eastern Woodlands planted what was known as the "Three Sisters": corn, beans, and squash.

In addition, a number of other domesticated crops were popular during some time periods in the Eastern Woodlands, including a local version of *quinoa*, a variety of *amaranth*, *sumpweed*/*marsh elder*, *little barley*, *maygrass*, and *sunflower*.

### Some known dishes

Corn bread

Fry bread - a dish made from ingredients distributed to Native Americans living on reservations.

Succotash - a trio of lima beans, tomatoes and corn

Pemmican

Bird brain stew - from the Cree tribe

Buffalo stew - from the Cherokee Nation also called *Tanka-me-a-lo*

Acorn mush - from the Miwok people

## Native American cuisine of Meso-America

The pre-conquest cuisine of the Native Americans of Meso-America made a major contribution to shaping modern-day Mexican cuisine. The cultures involved included the Aztec, Maya, Olmec, and many more.

### Some known dishes

Tamales

Tlacoyos - oval shaped fried cakes made of masa

Pozole soup - stew made from dried lime-treated maize kernels (also called *maiz blanco* or *cacahuazintle*), with pork (or other meat), chilies, and other seasonings and garnish (lettuce, oregano, cilantro, avocado, radish, etc.).

Mole - the generic name for several sauces

Mezcal - distilled spirit made from the Agave cactus plant

Tortillas

Champurrado - a chocolate drink

Pejelagarto - a fish with an alligator-like head seasoned with the amashito, chilies and lime

Pulque - an alcoholic beverage made from the fermented juice of the maguey

## **Native American cuisine of South America**

This currently includes recipes known from the Inca and Nazca of Peru.

Grilled guinea pig - a native to most of the Andes region this small rodent has been cultivated for at least 4000 years

Fried green tomatoes - a nightshade relative native to Peru

Saraiaka or Chicha - a corn liquor

Quinoa Porridge - would sometimes be flavored with cocoa

Ch'arki - a type of dried meat

Humitas - similar to modern-day Tamales, a thick mixture of corn, herbs and onion, cooked in a corn-leaf wrapping. The name is modern, meaning bow-tie, because of the shape in which it's wrapped.

## **Crops and ingredients**

Maize, beans and squash were known as the three sisters for their symbiotic relationship when grown together by the North American and Meso-American natives. If the South Americans had similar methods of what is known as companion planting it is lost to us today.

## **Crops**

Maize - Throughout the Americas, probably domesticated in or near Mexico.

Beans - Throughout the Americas

Squash - Throughout the Americas

Sweet potato

Potato - South America

Tomato

Kiwacha

Maca

Coca - South and Central America

Quinoa - South America, Central America, and Eastern North America

Amaranth

Tobacco

Cassava - Primarily South America

Chile peppers

Bell peppers



## **Hunted or livestock**

Horse - The only animal on the list introduced by Europeans, the horse was still very important to Native American cultures throughout the Americas (although famously on the North American Plains) in the historic era.



## *Native American Cuisine*

Squirrel - Many groups had no cultural stigma against the consumption of small mammals such as squirrels.

Guinea pig - Domesticated in the Andes

Bison - A centrally important wild food and modern livestock animal.

Llama - Domesticated in the Andes

Guanaco - Hunted in South America by hunter-gatherer societies, for example in Patagonia until the 19th century

Turkey - Domesticated at least once in Mexico

Sloth (extinct)

Woolly mammoth (extinct )

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# Puerto Rican Cuisine



Puerto Rican cuisine is mildly reminiscent of its Spanish roots as well as Amerindian, and African influences. Puerto Rican food is quite distinct from Mexican cuisine. It is also distinct from the cuisine in the fifty United States.

The food is often well seasoned, but rarely very spicy. Beans and rice are common, and a favorite is *platanos fritos*, or fried plantains, similar to a banana but much less sweet and more firm. When fried they have an almost nutty taste.

Puerto Rico's national dish is called *Arroz con pollo* which is Spanish seasoned rice with chicken. Other tasty foods include *empanadillas de carne o queso*, a meat or cheese pie usually called "*empanadas*" in other Spanish-speaking countries, and *mofongo* which is mashed green plantain seasoned with pork rind and garlic, often stuffed with meat or seafood.

"*El Jibarito*" ("The Little Mountain Man") is a popular dish. Typically served with Spanish rice, "*Jibaritos*" consist of your choice of meat along with mayo, cheese, lettuce, tomatoes and onions—all sandwiched between a fried plantain.

## Holiday Food

During the holiday season Puerto Rican Cuisine shows its wide variety in taste and texture. It is during this season that most Puerto Ricans will enjoy parties and large family dinners almost daily. Starting with the Thanksgiving turkey which is stuffed with a ground beef and/or pork mixture containing such varied ingredients as almonds, raisins, olives, hard boiled eggs, tomatoes, garlic, etc. Rice is a mandatory course in dishes such as *Arroz con Gandules*, *Arroz con Tocino* (rice with bacon), *Arroz Mamposteao*, and the sweet dessert *Arroz con Dulce* (sweet rice).

Pork is central to Puerto Rican holiday cuisine. An old saying states that the only part of a pig that can not be used is the squeal. No holiday meal would be complete without several pork dishes. Among these are: *morcillas*, *pernil*, *tripa* (tripe), *jamon con pina* (ham and pineapple), and *chuletas ahumadas* (smoked cutlets).

Another dish that is ever present during the season is *pasteles* (cakes). These are made with a paste which can be made of green bananas, *yuca*, or *yautia*. This paste is then stuffed with either pork, ground beef, or chicken and then wrapped in a green banana leaf for added flavor. This is formed into a rectangle that is kept together with yarn. Finally, they are boiled and then are ready to be eaten. The making of *pasteles* is often a family activity in which many members of the family get together for hours or days to make dozens of *pasteles* to share with friends and loved ones.

Sweets are common in Puerto Rican cuisine and during the holidays the most popular are deserts such as *Arroz con Dulce* (sweet rice), *Budin de Pan* (bread pudding), *Barriguitas de Vieja* ("old

bellies"), *Templeque*, *Flan*, *Bizcocho de Ron* (rum cake), *Mantecaditos* (a sort of cookie), *Mam-postiales*, *Dulce de Leche* (milk candy), *Pastelillos de Guayaba* (guava pastries), *Besitos de Coco* (coconut kisses), *Tarta de Guayaba* (guava tarts), and *Tortitas de Calabaza* (pumpkin tarts). A popular holiday beverage is *Coquito*, an eggnog-like drink made from coconut milk, sugar, eggs, rum, and spices. *Coquito* often includes Rum.

*Compiled by Paula Scott, USU Extension, Salt Lake County*

*Source: Wikipedia*

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# Soul Food Cuisine



The roots of soul food can be traced back to Africa. African slave traders brought foods over to America from Africa along with slaves. It is thought that some slaves also brought seeds of native crops along with them to America, hiding the seeds in their ears and hair. Some of these foods became part of America's crops and food. This style of cooking was perfected during the era of slavery, when slaves were generally given only the leftover and undesirable cuts of meat and had only the vegetables they grew for themselves. Slaves were given discarded meat from the plantation like *pigs feet*, *ham hocks*, *chitterlings* (pig small intestines), *pig ears*, *hog jowls*, *tripe and skin*. Cooks then added onions, garlic, thyme, and bay leaf to enhance the flavor.

They were also given discarded tops of vegetables, like the tops of turnips, beets, and dandelions. These items can be found in many soul food dishes today. As slaves began to cook for their masters, they added things like fried chicken and puddings. The term *soul food* became popular in the 1960s, when the word *soul* became used in connection with most things African American. After slavery ended, many African Americans, being poor, could afford only off-cuts of meat, along with *offal*. Subsistence farming yielded fresh vegetables, and fishing and hunting provided fish and wild game, such as possum, rabbit, squirrel, and sometimes waterfowl.

Poor whites and African Americans in the South ate many of the same dishes, but styles of preparation sometimes varied. African American soul food generally tends to be spicier than Anglo-American cuisine. The recipes and cooking techniques tended to be handed down orally.

## Soul food and health

Developed by rural people who lived in difficult, often impoverished conditions, many of whom had forced upon them lives of grinding physical labor, soul food is a humble, hearty fare. Traditionally, soul food is cooked and seasoned with pork products, and fried dishes were usually cooked with either lard or hydrogenated vegetable oil, which is high in trans fats.

Frequent consumption of these ingredients without significant exercise or activity to counteract the high caloric intake can contribute to disproportionately high occurrences of obesity, hypertension, cardiac/circulatory problems and/or diabetes in African Americans, often resulting in a shortened lifespan. Additionally, trans fat consumption is a known contributor to cardiovascular disease.

Nowadays as a result, some African Americans use methods of cooking soul food different from those employed by their grandparents, including using more healthful alternatives for frying (liquid vegetable oil or canola oil) and cooking and stewing using smoked turkey instead of pork.

Further, certain staples of a soul food diet have pronounced health benefits. Collard greens are known to be an excellent source of vitamins and minerals, including vitamins A, B<sub>6</sub> and C;



manganese, iron, omega 3 fatty acids, calcium, folic acid, and fiber. They also contain a number of phytonutrients which play a role in the prevention of certain chronic diseases. Peas, rice and legumes are excellent and cheap sources of protein, with important vitamins, minerals and fiber. Sweet potatoes are an excellent source of beta carotene and trace minerals, as well, and have come to be classified as an "anti-diabetic" food. Recent animal studies have shown that sweet potatoes can stabilize blood sugar levels and lower insulin resistance

## **Soul Food Dishes and Ingredients**

Soul food uses a great variety of dishes and ingredients, some unique, some shared with other cuisines.

### **Meats**

Country fried steak - beef deep fried in flour or batter, usually served with white gravy

Fried chicken - often fried with cornmeal breading or seasoned flour

Chicken gizzards

Chicken livers

Chitterlings ("chitlins") - the cleaned and prepared intestines of hogs, slow cooked and often eaten with vinegar and hot sauce; sometimes parboiled, then battered and fried

Cracklins - commonly known as pork rinds and sometimes added to cornbread batter

Fatback - fatty, cured, salted pork; used to season meats and vegetables

Fried fish (any of several varieties of fish - especially catfish but also whiting, porgies, bluegills) - dredged in seasoned cornmeal and deep fried

Ham hocks - smoked, used to flavor vegetables and legumes

Hog maws - hog jowls, sliced and usually cooked with chitterlings

Hoghead cheese - made primarily from pig snouts, lips, and ears and frequently also referred to as "souse meat" or simply "souse"

Meatloaf (typically with a brown gravy)

Neckbones - beef neck bones seasoned and slow cooked

Pigs' feet - slow cooked like chitterlings, sometimes pickled and, like chitterlings, often eaten with vinegar and hot sauce

Ribs - usually pork, but can also be beef ribs

### **Vegetables**

Black-eyed peas - cooked separately, or with rice

*As hoppin' john*

Greens - usually cooked with ham hocks; especially collard greens, Mustard greens, turnip greens, or a combination thereof

Lima beans - see butter beans

Butter beans - immature lima beans, usually cooked in butter

Mashed potatoes - usually made with butter and condensed milk

Okra - African vegetable eaten fried in corn meal or stewed, often with tomatoes, corn, onions and hot peppers; Bantu for okra is *ngombo*, from which the Creole/soul food dish gumbo derives its name.





## - Vegetables Cont.-

Red beans

Succotash - originally, a Native American dish of yellow corn and butter beans, usually cooked in butter

Sweet potatoes - often parboiled, sliced and then baked, using sugar, cinnamon, nutmeg and butter or margarine, commonly called *candied yams*; also boiled, then pureed and baked into pies

## Other items

Biscuits - a shortbread similar to scones, commonly served with butter, jam, jelly, sorghum or cane syrup, or gravy; used to wipe up, or "sop," liquids from a dish

Rice pudding - rice and corn-based vanilla pudding.

Chow-chow - a spicy, homemade pickle relish sometimes made with okra, corn, cabbage, hot peppers, green tomatoes and other vegetables; commonly used to top black-eyed peas and otherwise as a condiment and side dish

Cornbread - a shortbread often baked in a skillet, commonly seasoned with bacon fat

Sweet bread - a food of Polynesian origin

Grits (or "hominy grits") - made from processed, dried, ground corn kernels and usually eaten as a breakfast food the consistency of porridge, but also served with fish and meat at dinnertime

Hot sauce - a condiment of cayenne peppers, vinegar, salt, garlic and other spices often used on chitterlings, fried chicken and fish

Macaroni and cheese

Milk and bread (a "po' folks' dessert-in-a-glass") - slightly crumbled cornbread, buttermilk and sugar

Rice - usually served with red beans and black-eyed peas

Sorghum syrup (from sorghum, or "Guinea corn") - a sweet grain indigenous to Africa introduced into the U.S. by African slaves in the early 17th century; see biscuits; frequently referred to as *sorghum molasses*



Compiled by Paula Scott, USU Extension, Salt Lake County

Sources: Wikipedia

[http://en.wikipedia.org/wiki/Soul\\_food](http://en.wikipedia.org/wiki/Soul_food)



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# Cuisine of Thailand



Thai cuisine is known for its balance of five fundamental flavors in each dish or the overall meal, hot (spicy), sour, sweet, salty and bitter. One of the important ingredients is *nam pla* (a very aromatic and strong tasting fish sauce). Typically a full meal consists of many complementary dishes served concurrently instead of a single main course with side dishes.

Rice is a staple component of Thai cuisine, as it is of most Asian cuisines. The highly-prized, sweet-smelling jasmine rice is indigenous to Thailand. Rice dishes are accompanied by highly aromatic curries, stir-fries and other dishes, incorporating sometimes large quantities of chilies, lime juice and lemon grass. Noodles are popular as well. Noodles usually come as a single dish, like *Pad Thai*.

Although popularly considered as a single cuisine, Thai food is really more accurately described as four regional cuisines corresponding to the four main regions of the country: Northern, North-eastern, Central and Southern. Each region has its own distinct dialect, history, culture, climate and cuisine. The North, for example, has a relatively slower, softer-spoken dialect and was once its own kingdom known as Lanna.

Many Thai dishes in the Central and Southern regions use a wide variety of leaves rarely found in the west, such as *kaffir lime leaves*. Usually fresh - *kaffir lime leaves* characteristic flavor appears in nearly every Thai soup (e.g., the hot and sour *Tom yam*), stir-fry or curry from those areas. It is frequently combined with garlic, *galangal*, ginger and/or fingerroot, together with liberal amounts of chilies, blended together to make curry paste. Fresh Thai basil is needed for the authentic fragrance of certain dishes such as Green curry. Other typical ingredients include the small green Thai eggplants, tamarind, palm and coconut sugars, and coconut milk.

With the exception of noodle soups, Thai food is generally eaten with a fork and a spoon, rather than with chopsticks. The fork, held in the left hand, is used to shovel food into the spoon. However, it is often common practice for Thais and hill tribe peoples in the North and Northeast to eat sticky rice with their hands by making it into balls that are dipped into side dishes and eaten. Also, in the Southernmost provinces of the country Thai-Muslims can be seen to eat meals with only their right hand as some Muslims in Malaysia do.

## **Famous Thai dishes familiar in the west from Central Thailand include:**

Tom yam goong - hot & sour soup with shrimp

Tom yam gai - hot & sour soup with chicken

Tom kha gai - hot sweet soup with chicken and coconut

Satay - grilled meat served with peanut sauce (originally from Indonesia)

Pad Thai - rice noodles pan fried with fish sauce, sugar, lime juice or tamarind pulp and egg combined with chicken, seafood, and tofu.

Red curry (*Gaeng Pet* "hot curry") - made with dried red chilies

Gai yang - marinated and grilled chicken

Green curry (*Gaeng khiew-waan*) - sweet green curry, made with fresh green chilies and flavored with cumin  
Yellow (*Massaman*) curry  
Neua pad prik - Thai chili beef or Thai pepper beef  
Panang beef - dry beef curry  
Panang Chicken  
Panang Pork

**A few Northeastern Thai dishes popular throughout the country:**

Larb - various sour salads containing meat  
Som tam - grated papaya salad, pounded with a mortar and pestle  
Sticky rice

Throughout the country there are many interpretations and variations on these common dishes. Other dishes from the northern part of Thailand include unique sauces, such as *nam prik num*, and exotic foods, such as raw beef, fermented fish paste, and deep fried larvae (also enjoyed in the Northeast). The culinary creativity even extends to *naming*: one tasty larva translates as "freight train" and the smallest, hottest chilies are known as *Prik Kii Nu* "mouse droppings chilies".

Compiled by Paula Scott, USU Extension, Salt Lake County  
Source: Wikipedia  
[http://en.wikipedia.org/wiki/Thai\\_cuisine](http://en.wikipedia.org/wiki/Thai_cuisine)



# Vietnamese Cuisine



Vietnamese cuisine is famous for its common use of fish sauce, soy sauce and *hoisin* sauce. Vietnamese recipes use many vegetables, herbs and spices, including lemon grass, lime and *kaffir lime*. The Vietnamese also have a number of Buddhist vegetarian dishes. The most common meats used in Vietnamese cuisine are pork, beef, prawns, various kinds of tropical fish, and chicken. Duck is used less widely.

## The three regions

Vietnamese cuisine can be basically divided into three categories, each pertaining to a specific region. Northern Vietnamese cooking is more simple and carries much Chinese (Cantonese) influence, and therefore employing more often the use of soy sauce. Southern Vietnamese cooking is where

French influence (as well as the presence of Indian influence through curry) plays in. Lastly, Central Vietnamese cooking is perhaps the most unique of all, showcasing "pure" Vietnamese food. Central Vietnamese cuisine is also the most distinct in taste - being much, much spicier than its Northern and Southern counterparts, as well as being much more colorful. Central cooking is also obviously influenced by the royal setting (therefore by royal Vietnamese cooking), being not only very spicy and colorful but focusing on a multitude of small side dishes set on the table at once. The more dishes on a family table, the wealthier that particular family was.

## "Unusual" Meats

The consumption of meats such as snake dog, turtle, and the like are a phenomenon enjoyed almost exclusively as "cocktail delicacies" with alcohol, and are not considered mainstream meats.

## The typical Vietnamese family meal

A large bowl of rice to share amongst the family, each person has their own small bowls and wooden chopsticks.

Small bowls of fish sauce and soy sauce

## Popularity of Vietnamese Cuisine

Vietnamese cuisine is widely available in the United States, Canada, France, Australia, Czech Republic, Germany, Poland, and Russia, whilst also popular in areas with dense Asian populations.

In recent years it has become popular in other Asian countries such as South Korea, Laos, etc.

## Noodle Soups

Vietnamese cuisine boasts a huge variety of noodle soups, each with influences and origins from every corner of the country and each with a distinct and special taste. A common characteristic of many of these soups is a rich yet very clear broth.



## Popular Vietnamese Dishes

Bò 7 Món - Vietnamese seven courses of beef. A less popular version is the *Cá 7 Món*- or, seven courses of fish. These multi-course meals are on the more higher-eating end of Vietnamese cuisine.

Pho - beef noodle soup, the most widely known Vietnamese dish. Typically eaten for breakfast in Vietnam, in other countries it is eaten for lunch and dinner as well.

Banh Bao - Steamed bun dumpling that can be stuffed. Vegetarian *banh bao* are popular food in Buddhist temples. Stuffed with slices of marinated "*xa xieu*" (from Chinese cooking) meat, tiny boiled duck eggs, and pork.

Banh Chung - Sticky rice wrapped in banana leaves and stuffed with *mung* beans, fatty pork and black sesame seeds.

**Banh Mi Thit** - Vietnamese Sandwich, French bread containing paté, Vietnamese mayo, different selections of Vietnamese cold meats (a large variety), pickled *daikon* and carrot, cucumber slices. Often garnished with coriander, black pepper, and jalapeño pepper (optional). This food is everywhere in Vietnam as a favorite of factory workers and school kids and eaten for any meal of the day, commonly breakfast and lunch.

### Many varieties include:

Banh Mi Siu Mai - Banh Mi with big, juicy meatballs

Banh Mi Xa Xieu - BBQ Pork

Breakfast Banh Mi - served either with fried scrambled eggs wrapped within, or the more popular version eaten widely for breakfast in Vietnam: Eggs fried sunny-side-up with onions, sprinkled with Soy sauce or *Maggi Sauce*, and eaten with a fresh, sometimes buttered baguette.

Banh Xeo - Crepe made out of rice flour, coconut milk, and spring onions. It is pan-fried like the American omelet but stuffed with pork, shrimp, and bean sprouts (among other ingredients). Served wrapped with lettuce leaves and stuffed with mint (optional) and other herbs, and dipped in *Nur oc cham*. It is one of the few dishes with a French influence.

Bun Bo Hue - Spicy beef noodle soup originated from the Royal Hue City of Central Vietnam. The rice noodle used in this soup is different (much thicker) from the one used in Pho.

Com tam - grilled pork (either ribs or shredded) plus a Vietnamese dish called *bi* (thinly shredded pork mixed with cooked and thinly shredded pork skin) over broken rice (what the words "*com tam*" actually mean in Vietnamese).

**Spring rolls or Egg roll** - deep fried flour rolls filled with pork meat, Vietnamese yam, crab, shrimp, mushrooms and other ingredients.

### Many varieties including:

Bi cuon - rice paper rolls with the *bi* mixture of thinly shredded pork and thinly shredded pork skin, among other ingredients, along with salad

Bo bia - fried daikon and carrots, Chinese sausage, shredded scrambled eggs, all wrapped with vermicelli noodle in a rice paper roll. Dipped into a spicy peanut sauce (with freshly roasted and grounded peanuts).

Ca cuon - a roll with fish and spring onions.





Bo la lot - A spiced beef rolled in betel leaf and grilled.

Summer rolls (also known as Vietnamese fresh rolls) - They are rice paper rolls that often include shrimp, herbs, rice vermicelli and other ingredients wrapped up and dipped in peanut sauce.

Bun Thit Nuong - Grilled pork (often shredded) and vermicelli noodles over a bed of greens (salad and sliced cucumber), herbs and bean sprouts.

Nem Nuong - Special Vietnamese BBQ Meatballs. Often reddish in color and with a distinct taste, grilled on skewers like kabobs.

Chao tom - Prawn paste/cake on sugarcane.

**Goi** - Vietnamese salad.

### **Many varieties including:**

Goi Du Du - Vietnamese papaya salad typically with pork, herbs.

Goi Hue Rau Muong - a salad dish originating from Hue (Central Vietnam), including the Morning Glory vegetable (*Rau Muong*).

Mi Xao Don - Crispy deep fried egg noodles, topped with a wide array of seafood, vegetables and shrimp in a gravy sauce.

Ga xa - lemongrass pork.

Thit Luc Lac - beef cut into cubes and marinated, served over greens, and sautéed onions and tomatoes.

Sup Mang Cua - a creamy bamboo-crab soup.

Banh Cuon - rice flour rolls and/or pancakes sometimes stuffed with ground pork and onion.

Vietnamese hotpot - a spicy variation of the Vietnamese sour soup, with many vegetables, meats and seafood, as well as some spicy herbs.

Banh beo - a central Vietnamese dish consisting of tiny and round rice flour pancakes, each served in a tiny round dish. They are topped with minced shrimp and other smaller ingredients.

Com Chien Duong Chau - a very popular and commonly eaten Vietnamese adaptation of the Chinese "Yang Chow fried rice".

Mi Bo Vien - egg noodle soup with beef balls, shrimp..

Bun Cha Hanoi - similar to *Bun Thit Nuong*. The pork meat is grinded and marinated, then rolled into balls, grilled and left in a bowl along with pickled vegetables, *daikon* and carrot. It is eaten with vermicelli and greens.

Banh Hoi - a special Vietnamese noodle that is extremely thin and woven into intricate bundles. Often topped with spring onion and a complementary meat dish.

Thit heo quay - BBQ pork, often eaten at weddings.

Thit vit quay - roast duck, eaten over rice.

Com Ga Rau Thom - Vietnamese mint chicken rice.

Ca phe sua - strong coffee most often served with sweetened, condensed milk at the bottom of the cup to be stirred in.

Banh bot loc - Consists mainly of tiny rice dumplings made in a clear rice flour batter. Stuffed with shrimp and ground pork. It is wrapped and cooked inside banana leaf..

Mi Quang - egg noodle soup dish.

shredded papaya, shrimp, slices



## Desserts

Che - a sweet congee, served as a dessert. There are a huge variety of *Che* available, each with different fruits, beans and other ingredients used.

## More Vietnamese Dishes

Bun Rieu - noodle soup made of thin rice noodles and topped with crab and shrimp paste.

Banh canh - a thick rice noodle soup with a more basic broth.

Mam - fermented fish in various styles.

Bo kho - Vietnamese beef and vegetable stew.

Prawn paste cake - a variant of the *Chao tom*

Thit/Ca Kho - a standard Vietnamese dish for families, *thit/ca kho* is braised meat (often pork) or fish in a sweet and tangy caramel sauce.

Canh Chua - Vietnamese sour soup.

Bun Mang Vit - bamboo and duck noodle soup.

Nem Ngoui - a variation of the *Nem nuong* meatballs. Very spicy, eaten almost exclusively as a cocktail snack.

Bun Oc - vermicelli with snails

Banh Bot Chien - a Chinese influenced pastry with many versions all over Asia, the Vietnamese version features a special tangy soy sauce on the side.

Paté Chaud - a French inspired meat-filled pastry.

## Vegetables

Chayote

Cucumber

Eggplant

Daikon

Water spinach

Bok choy

Carrots

Cauliflower

Cabbage

## Fruits

Durian

Jackfruit (*mít*)

Pitaya (dragon fruit)

Lychee

Tomatoes

Rambutan

Mango

## Herbs

Basil

Coriander leaves

Lemon grass

Ngo gai - leafy herb

Ngo om - rice paddy herb



Rau răm - Vietnamese Coriander  
Thai Basil  
Coconut milk  
Cilantro  
Long coriander

### **Condiments**

Hoisin sauce - a Chinese dipping sauce for dishes including Peking Duck, spring rolls and barbecued pork. Known in Vietnamese as *wong đen* (literally *black sauce*).

Nuoc cham - Literally “Dipping sauce”. Made chiefly from fish sauce, chili peppers, sugar, lime or lemon juice or vinegar, and garlic.

Soy sauce

Fish sauce



### **Other ingredients**

Rice paper - paper made from parts of the rice plant, like rice straw or rice flour

*Compiled by Paula Scott, USU Extension, Salt Lake County*

*Source: Wikipedia*

*[http://en.wikipedia.org/wiki/Cuisine\\_of\\_Vietnam](http://en.wikipedia.org/wiki/Cuisine_of_Vietnam)*



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